

Positive Alternatives 2014 - 15 Quarterly Update

Grantee: HEALTH RESOURCES LIFE CARECENTER

Goal: Treasures for Life (TFL), Prenatal Care Program, Prenatal Vitamins & Ultrasound Services

For the period: January 2015 - March 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Recruit and train new volunteers; Support current volunteers		No new volunteers were trained this quarter. We continue have support from volunteers multiple days a week. Volunteers are supported through ongoing training and one on one supervision.	
Administrative Activities	Nurse Manager oversees prenatal vitamin program; establish and strengthen relationships with community agencies, emphasizing prenatal vitamin program; maintain CPR certificate and offer infant CPR to clients		The Nurse Manager continues to oversee the prenatal vitamin program by double checking scripts that are sent back to us with the bill each month. These are cross checked with the client file. The Nurse Manager's CPR certificate is up to date and infant/child CPR and obstructed airway has been taught to 8 clients this quarter.	
Outreach	Purchase promotional material, advertising, educational material; expand TFL Program; establish and strengthen community relationships; promote and advertise ultrasound program and services; partner with other community programs to increase the number of ultrasounds		One staff member is continuing to conduct a group class at the Community Addiction Recovery Enterprise facility in Fergus Falls. This class is geared towards pregnant in-patients in the Minnesota State run facility. Our staff work closely with a Psychologist on staff to ensure that the educational material presented to the patients is applicable and beneficial. In April, we were asked to increase our classes from 1 per week to 2 per week. One class will be geared towards pregnant in-patients and one class to parenting. The ultrasound program continues to see consistent numbers. Both RNs on staff have been trained to conduct ultrasound services. Currently, the nurses are being supervised by an RDMS for 50 scans each in order to become proficient in confirming presence of intrauterine	

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			pregnancy, detecting fetal cardiac activity and estimating gestational age.	
Car Seat Program	Enroll clients in TFL program; provide car seat safety education	1	All clients who are pregnant are encouraged to view the car seat safety lesson. This quarter only no client viewed this lesson. We continue to promote it as part of our "Getting Ready for Baby" unit. We send every client a card at 28 weeks to promote the unit.	0
Crib Distribution/ Sleep Safety Education	Enroll clients in TFL program; provide Sleep Safety Education when crib is distributed to client	1/ year	In this quarter, no clients chose to buy a pack-n-play with incentive points. Sleep safety information is attached to all pack-n-plays in our boutique.	0
Interpreter Services	Provide translation for Treasures for Life clients	2	Our translator provided a total of 13 lessons to 3 Hispanic clients, teaching them about having a healthy pregnancy and taking care of their newborns. This is the same amount of clients and lessons as last quarter.	3
Life-Skills Education Program	Enroll clients in TFL program; assist clients in accessing needed services; provide life-skills education; meet individually with clients to complete assignments; assess client needs	7	No PA clients attended any life skills classes this quarter. Each client is given a list of the lessons. Clients have the ability to freely choose lessons. Most of the clients this quarter chose lessons pertaining to pregnancy and parenting. We are looking into new curriculum in the area of budgeting.	0

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Nutrition	Offer each pregnant/nursing clients a voucher for prenatal vitamins;	10	Women who are pregnant should get at least 400 mcg of folic acid per day to help prevent birth defects. Prescription strength prenatal vitamins are offered to all pregnant clients. Twelve scripts were filled for 9 clients.	9
Parenting Education	Enroll clients in TFL program; Provide parenting education; meet individually to complete assignments; assess client needs; assist clients in accessing needed services; offer infant CPR to clients	15	A total of 52 parenting lessons were provided to 14 clients. Examples of some of the lessons clients' chose were: Newborn Care, Your Baby can Sleep, Importance of Bonding, and Breastfeeding. Many mothers of babies received training in disciplining their toddlers, equipping them to have a more controlled and nurturing home.	14
Pregnancy Education	Enroll clients in TFL program; Provide pregnancy education; meet individually to complete assignments; assess client needs; assist clients in accessing needed services	15	20 TFL pregnancy lessons were given to a total of 8 clients. Examples of lessons are: Dangers of Smoking, Prenatal Care, Childbirth Preparation, Nutrition, What's Safe What Isn't and Prenatal Development. See "Challenges" below.	8
Pregnancy Education	Beginning November, 2014: Enroll clients in fertility care program; train clients in program practices and procedures; evaluate and diagnose and provide solutions to underlying reproductive problems	1/ year	We have met with 6 clients this quarter and had a total of 12 follow up appointment to teach the Creighton Model of Fertility Care. This system has been instrumental in teaching the clients their unique reproductive system.	6
Transportation	Offer each actively enrolled TFL clients transportation to TFL classes (Bus/Taxi/Gas)	2	\$45 in gas card was provided to 2 clients to provide transportation to a total of 9 appointments for classes.	2
Ultrasound	Perform limited diagnostic scans on clients in the first trimester of pregnancy; educate clients on fetal development, nutrition & smoking/chemical abuse	9	We performed 15 ultrasounds this quarter on 12 women in their first trimester. Prenatal development was explained to the women to help foster early bonding with their babies. How chemicals are passed from mother to babies is explained to help the women understand the importance of not smoking or drinking.	15

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	0
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	0
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	1
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	2

Challenges: Lessons and instruction in Life-Skills Education appears to not be as needed among our current clients as pregnancy and parenting lessons. Each client is given an assessment of what needs they might have coming into our educational program. During the first appointment with this client, the staff member will review this information with the client and make suggestions of lessons we have that would meet current needs. The client is then given the freedom to choose the lessons he/she is most interested in partaking. Clients will continue to be encouraged to participate in lessons regarding Life Skills.

Pregnancy lessons --We continue to have many appointment cancellations due to illness. Due to an increase in cooperation with local agencies, we have seen an increase in the number of clients who find ordering their lives challenging and therefore making and keeping appointments is difficult. Many don't have transportation. We offer bus vouchers, but our bus requires a 2 day notice for a pick up and many of our clients don't get the bus scheduled. We will be evaluating how we can assist our clients in this area. The Earn While You Learn program is offered to every client with a positive pregnancy test. We also have brochures and invitations to become involved in the Earn While You Learn program in the "pregnancy bags" at the local clinic. We will be attempting to get more information about our services to other clinics in the surrounding small towns.

Comments: The Fertility Care program continues to have great participation. There are 6 clients currently in the program that do routine follow ups at the center. There are 3 more clients who will be starting this program at the end of April.